

Flight Jacket

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Marine Corps Air Station Miramar

May 11, 2001

Harrier returns to action aboard West Coast ships

By Cpl. Rob Henderson

CPAO, MCAS Miramar

USS PELELIU – After almost six months of not flying off ships, the AV-8B Harrier has returned to shipboard operations on the West Coast here this week during the Composite Underway Exercise.

The entire Harrier fleet was grounded last July in response to an engine-bearing malfunction that affected about 95 percent of all the Harriers in the Marine Corps, said Maj. John J. Thomas, maintenance officer and Harrier pilot, Fixed Wing Marine Attack Squadron 311, stationed in Yuma, Ariz.

“We had to stop supporting the MEU for about a six-month period so we could fix the engines and train pilots,” said Johnson, a Wilmette, Ill., native. “This is the first time there have been Harriers participating in MEU workups since last fall.”

The Harrier is capable of vertical or short takeoffs and landings, making the AV-8B a vital component of the Air Combat Element.

It uses less runway space to take off and land than any other jet.

“The beauty of the Harrier is it requires minimal runway length. If need be, we can work off roads or parking lots,” said Johnson. “Due to the Harriers short takeoff and vertical landing capability, we can operate off ‘L’ class ships. Conventional aircraft, such as the F/A-18 Hornet or EA-6B Prowler, cannot.”

The one-seater Harrier has a maximum speed of 629 mph. The jet is used primarily in attack roles and its’ main mission is close air support for ground troops. The AV-8B can also perform helicopter escorts, close- and deep-combat air support, and offensive missions against enemy ground-to-air defenses.

“This is the first time I have seen the Harrier in action, but they are very powerful airplanes. They can go straight up and down, which makes them very useful,” said Lance Cpl. Shane Furlong, a CH-46E crew chief with HMM-163 (Reinforced) and Crawford, Texas, native. “It is good we are training with them as part of our squadron before we actually have to operate with them on a real mission.”

The VMA-311 Tomcats have consolidated with Marine Medium Helicopter Squadron 163 (Reinforced) to form the ACE of the 15th Marine Expeditionary Unit.

“We’re very happy to be back supporting the MEU. We’re looking forward to the six-month float, and getting to support the ACE, the Battalion Landing Team, and the entire Marine Air-Ground Task Force,” said Thomas.



An AV-8B Harrier hovers above the deck of the USS Peleliu before landing. Photo by Cpl. Rob Henderson

Ridge Runners take part in COMPTUEX

By Cpl. Rob Henderson

CPAO, MCAS Miramar

USS PELELIU – Marine Medium Helicopter Squadron 163 (Reinforced), stationed at Marine Corps Air Station Miramar, is taking part in the Composite Training Underway Exercise (COMPTUEX) that started here Monday.

The composite squadron makes up the Aviation Combat Element of the 15th Marine Expeditionary Unit scheduled to deploy on a Western Pacific float in August.

The ACE utilizes several aircraft including the CH-46E Sea Knights, CH-53E Super Stallions, UH-1N Hueys, AH-1W Super Cobras, and AV-8B Harriers. The ACE also has two KC-130 Hercules attached to the composite squadron.

The ACE’s mission, as a whole, is to support the ground element, said Master Gunner Sgt. Oscar G. Adley, ACE maintenance

chief. “Everyone from airframes to flight equipment to avionics is out here to get the training on shipboard operations.”

The ACE is training to handle real-world scenarios including Tactical Recovery of Aircraft and Personnel, humanitarian assistance operations, and non-combatant evacuation operations. It is the first time the ACE has trained together as a unit, said Adley.

“It’s really good that we are getting used to working onboard a ship. Even though we’re basically doing the same job here as we would on land, we need to get used to this environment so we can do our job: keep the aircraft flying,” said Lance Cpl. Jesus D. Meza, airframes and hydraulics mechanic, HMM-163 (Reinforced). Meza is a native of Santo Paula.

When the MEU gets underway in August, the ACE will have 29 aircraft onboard, but only 23 aircraft are participating in COMPTUEX, according to Adley.



Lethal weapon

Staff Sergeant Casey E. Jones, aviation ordnance technician, Marine Aircraft Group 46, executes a kick to a striking pad during a close combat drill as part of the rigorous new Marine Corps Martials Instructor Course aboard

Miramar May 3. The course began April 27 and ends today. Graduates will be authorized to wear the green rigger's belt. In the future the course will last three weeks. See story on Pages 6-7. Photo by Cpl. Micheal O. Foley

Drill cards change for meritorious boards

By Sgt. W.A. Napper Jr.

CPAO, MCAS Miramar

Headquarters and Headquarters Squadron's drill master recently made some changes to drill cards for the quarterly, meritorious corporal's and sergeant's boards here.

Recognizing some problems with the old cards Staff Sgt. Mark Facey, a native of Bronx, N.Y., made changes that increase the difficulty of the drill and the time the candidates spend on the parade deck during the board.

With the old cards, Facey said the biggest problem with drill portion of the board was the candidates' running out of room on the parade deck. He said a locked-on Marine who completed the cards flawlessly could finish in approximately three minutes. With the additional moves and more hidden movements on the new cards, Facey said that same Marine would take at least five minutes to complete the card.

Facey, said one of his biggest changes to the drill cards was the addition of using the noncommissioned officers sword.

"All NCOs have to use the sword," he said. "It's something we use for ceremonies, and all the academies use it. They need to know how to use it."

Although the corporals will not be graded on their use of the sword, Facey said sergeants would.

Aside from the sword manual, another big change to the drill cards is the addition of pass in review, which now makes the cards closely resemble those

performed by drill instructors.

"There's not as many movements (on the new cards) as the cards given to drill instructors, but they're very similar," said Facey. "It's inherent to all the academies, and now they have to think, make calls and move with the sword. That in itself is challenging, even for drill instructors."

Another challenge for board candidates is the increase of hidden movements in the cards. For example, the candidates' cards now have the movement "side step" followed by "column right." Although they aren't written on the card, the candidates must know and execute the movements "squad halt, right face and forward march" after "side step," and before executing "column right."

"Cards three and four are the hardest – there's more hidden movements on them," said Facey. "We have a good mix of Marines who know what they're doing when they go on a board, so they should be able to handle the changes."

Facey, who spent two years with Lima Company, 3rd Battalion, Marine Corps Recruit Depot San Diego, encourages candidates to practice the cards before going to a board.

"If you're sending somebody up for the board you ought to work with them," he said. "All (air station) staff NCOs had an e-mail sent to them with the new cards attached. If they need me to send it again, all they have to do is let me know."

Facey can be e-mailed at faceyma@miramar.usmc.mil.

Local Sailors keep ForeRunners safe



Navy Lt. Alicia R. Sanderson, deployment medical officer, and three corpsmen practice using a new search and rescue stretcher aboard SS Curtiss. It is designed for vertical extraction when ship's ladderwells are too steep to remove a patient horizontally. The stretcher also has a floatation device in case a patient falls into the water. Photo by Sgt. Troy M. Ruby

By Sgt. Troy M. Ruby

CPAO, MCAS Miramar

Pacific Provider '21 continues off the California coast aboard the SS Curtiss.

In addition to the Marines involved in the exercise, a small detachment of Sailors from the Branch Medical Clinic. The Sailors main concern is the health and safety all those aboard the Curtiss.

Three hospital corpsman and one medical officer staff the detachment, which deployed with enough supplies to take care of the medical needs of the more than 325 people aboard the Curtiss for the entire time they are deployed.

"The medical facilities are really nice," said Navy Lt. Alicia R. Sanderson, the deployment medical officer. "We have a six-bed ward, an exam room and a van down below that is prepositioned with our mass casualty equipment."

While afloat, in addition to conducting daily sick call for

minor injuries and illnesses, the medical staff will be conducting mass casualty drills. These drills involve the medical staff, Marines and civilians aboard the ship working side-by-side, said Sanderson.

Before deployment, several scenarios were developed to add realism to the drills, such as a shipboard fire or helicopter crash that the staff must work through. During the drill, they categorize injuries, coordinate and conduct treatment and coordinate and simulate evacuations, said Sanderson.

"At the conclusion of the exercise, we can go over the drills and see what worked and what still needs work," said Sanderson.

The medical staff is also conducting preventative medicine inspections while aboard the Curtiss. Water sampling, berthing inspections and food inspections are intended to keep the crew healthy so they can accomplish the mission.

Flight Jacket



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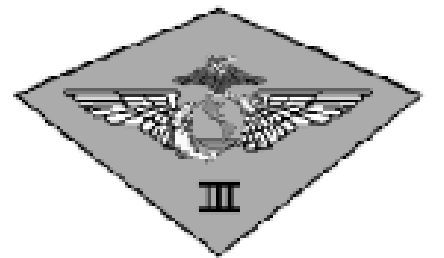
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Marines "buy up" education benefits

Recent changes to the Montgomery GI Bill could make it a little easier for active duty servicemembers who want to further their education.

New legislation became effective May 1, allowing servicemembers to make an additional contribution of up to \$600 to receive an increased monthly benefit, according to Marine Administrative Message 208/01,

The current MGIB benefit for veterans who attend school full-time is \$650 per month. Servicemembers who opt to make the additional total \$600 payment would increase the benefit amount paid out to \$800 per month.

For more information, see MARADMIN 208/01.

Ridge Runners tally up \$1,500 for Military Parish Visitors

By Cpl. Mike Camacho

CPAO, MCAS Miramar

Marine Medium Helicopter Squadron 163 donated \$1,500 to Military Parish Visitors April 30 at Hangar 6.

The Ridge Runners raised the money in the annual Volkslauf mud run. Every year, HMM-163 holds the Volkslauf and uses the proceeds from the mud run to donate to vari-

ous charities.

Lieutenant Colonel Bruce A. Haines, HMM-163 executive officer, said the idea to give to this organization came from a brief that was attended a little over a year ago. "For the amount of work that they do, this is a minimal offer.

"Hopefully in the future, we can get more people to participate in the Volkslauf which will bring in more money that we can use to

donate," said Haines.

Pat Kellenbarger, director of Military Parish Visitors, said the organization is very thankful for the Ridge Runners' generous donation.

"We are an organization that really cares and loves our military," said Kellenbarger. "We do all we can to support military families in need, and this contribution is truly going towards a great cause."

Extreme heat can cause extreme pain

Compiled by Sgt. W.A. Napper Jr.

CPAO, MCAS Miramar

The summer months here can mean good times and fun for many Marines, Sailors and their families. Cookouts, fun at the beach or taking advantage of the many opportunities offered by the Marine Corps Community Services are all great ways to pass the “dog days of summer.”

However, if not done smartly and safely, the summer months can just as easily be deadly as they can be fun.

According to the Center for Disease Control and Prevention Web site, nearly 1,700 people in the United States lost their lives from heat-related illnesses in 1980. If that fact doesn’t hit close enough to home, approximately 175 Americans die from extreme heat in a normal year.

Men are more susceptible to falling victim to a heat-related illness than women. Both men and women, regardless of age, can be taken down by heat stroke, heat exhaustion or heat cramps.

A heat-related illness occurs when the body’s temperature-control system is overloaded. Normally, people cool themselves by sweating. However, if that system fails and the body’s temperature rises high enough, damage to the brain or other vital organs can occur. The Web site lists several factors which can affect the body’s ability to cool itself during hot weather. If humidity is high, sweat will not evaporate as quickly as it normally would. Old age, dehydration, obesity, heart disease, drug and alcohol use can also limit the body’s ability to regulate temperature.

Navy Cmdr. Tim Fleming, Branch Medical Clinic flight surgeon, said summertime activities must be balanced with measures that aid the body’s cooling mechanisms and prevent heat-related illness.

“The key to avoid being a heat casualty is acclimation to your environment,” he said. “Each person and heat environment is slightly different – allow adequate time to get acclimated – at least a couple of weeks of incremented activity.”

He also said that even short periods of high temperatures could cause serious health problems. Heat cramps, heat exhaustion and heat stroke, while extremely serious and possibly deadly, can be avoided with a little planning, according to Fleming.

According to the CDCP Web site, the most common heat-related illness, heat cramps, usually effects people who sweat a lot during strenuous activities. Although the cramps themselves are not dangerous, they may be a symptom of heat exhaustion, which is potentially hazardous.

Heat cramps are muscle spasms or pains, usually found in the abdomen, arms or legs. If overcome with heat cramps Fleming recommends to stop all activity and sit quietly in a cool place. Drink clear juice or a sports beverage and don’t return to the activity for a few hours after the cramps subside. He said further exertion might lead to heat exhaustion or heat stroke. He also said to seek medical attention if the cramps don’t subside in one hour.

“Anyone who doesn’t respond to appropriate treatment should seek medical attention immediately,” Fleming added.

Another heat-related illness is heat exhaustion. Heat exhaustion is characterized by the body’s response to an excessive loss of water. People with high-blood pressure, and people working or exercising in a hot environment are most prone to heat exhaustion. Warning signs for heat exhaustion include, but are not limited to: heavy sweating, paleness, muscle cramps, tiredness, weakness, dizziness, headache, nausea or vomiting and fainting. The effected person’s skin may be cool and moist, and their pulse rate could be fast and weak with fast, yet shallow breathing. If untreated, Fleming said heat exhaustion could progress to heat stroke.

Fleming also said to help the victim cool off and seek medical attention if symptoms worsen or last longer than one hour. Effective ways of cooling include drinking cool, non-alcoholic beverages, taking a cool shower or bath, resting in an air-conditioned environment or wearing lightweight clothing.

Heat stroke, the third and most serious heat-related illness, occurs when the body becomes unable to control its temperature – the body’s temperature rises rapidly, the sweating mechanism fails and the body is unable to cool down. The CDCP Web site stated a person’s body temperature might rise to 106 degrees or higher, in 15 minutes or less. Although the warning signs of heat stroke can vary, they may include: an extremely high, oral body temperature, red, hot and dry skin without sweat, rapid or strong pulse, headache, dizziness, nausea, confusion or unconsciousness.

Fleming said if any of these signs are prevalent, you may be dealing with a life-threatening emergency – 10 percent of all heat stroke victims die. He recommends having someone call for immediate medical assistance while you begin cooling the victim. First, get them to a cool, shady area. The CDCP Web site advises to then cool the victim rapidly using any method available, like immersion in a tub of cool water, placing the victim in a cool shower, spraying them with cool water from a garden hose, or if the humidity is low, wrap them in a cool, wet sheet and fan them vigorously.

Next, monitor the body temperature, and continue cooling efforts until their body temperature drops to 101-102 degrees. Don’t give them alcohol to drink, and if emergency medical personnel are delayed, call the emergency room for further instructions. Fleming said that sometimes a victim’s muscles could begin to twitch uncontrollably as a result of heat stroke. If this happens, he said to keep the victim from injuring themselves, but don’t place anything in their mouth or give them fluids. If there is vomiting, ensure their airway remains open by turning the victim on their side. He said the twitching will actually causes more heat in the body and will make the situation even worse than it already is.

Fleming advises the best defense against heat-related ill-

See **Heat**, page 11

Ad Space

Mir *Remarks*

What do you plan to do for your mom on Mother's Day?



"I'm going to send her a card and tell her I love her."

*Cpl. Thywenston Swain
H&HS
legal clerk*



"Mom usually gets flowers and a phone call. My daughters send their grandmother a card to wish her a happy Mother's Day."

*Maj. W.J. Nix
MWCS-38
executive officer*



"My kids, my sister, my dad and I are taking her out to dinner to her favorite restaurant."

*Petty Officer 2nd Class Erica Perroni
Branch Medical Clinic
Corpsman*

Digital cammies could make joint-ops tough

By Capt. R.L. Goodrich-Hinton

Commentary

What's wrong with change? Besides feeling like a puppet at the end of long strings?

I want to start by emphasizing that not that all change is bad – change can be good

and is often necessary. Initially few embrace change and often try to resist change, especially when one doesn't understand it or there is a potential financial impact that accompanies it.

A few examples that come to mind are the recent uniform changes: PT gear - scarlet and gold or green on green? Skivvies shirts - brown or green, V-neck or crew? Socks - green or black? PT sweats - gray or green? That goes without even mentioning the blood-stripes on skirts.

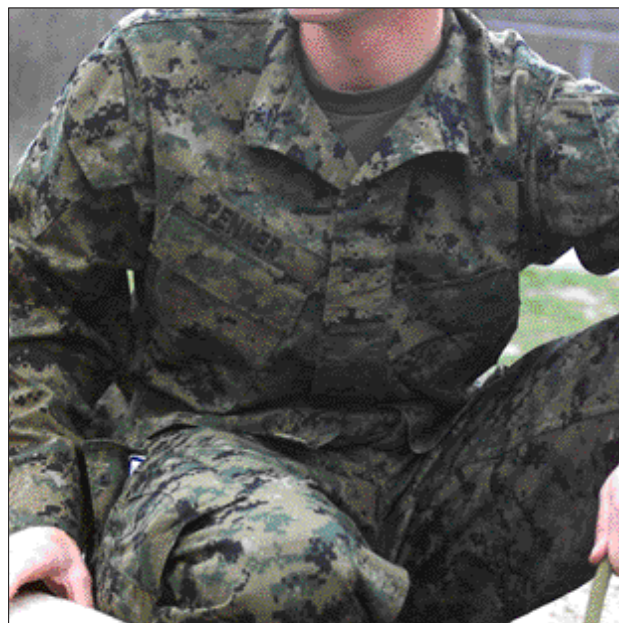
The word perception comes to mind, both from the bottom looking up and laterally. From the bottom looking up I feel like a rag doll, not sure if I should throw away all my brown skivvy shirts or save them in case we switch back from green to brown. Unfortunately, I know I'm not alone in my observations. I've even known Marines to cut Vs in their crew neck T-shirts to accommodate a command's preference or hand-sew nametapes on in the field because the policy changed while on deployment.

I am ambivalent about a lot

of recent changes, but like every other Marine, I will march on and stand-by for the next change. However, I am concerned with the perception of the other services. I am not against uniform changes, particularly the new cammies. I just think that there will be some negative implications that have not been considered. In my ten-year military career I've had the pleasure of serving in a joint environment on several occasions. Through my endeavors I have noticed that the other services look at us as being very different.

Our pride and professionalism are often already misinterpreted as "elitist attitudes." What is going to be their perception when we walk into a joint environment wearing different cammies? Are we going to wear the joint fighting uniform while serving in a joint environment or are we going to wear our new 'elitist' uniform? Our ethos already make us stand out enough, these "technologically superior" uniforms could perpetuate this skewed impression.

These may seem like silly questions but as a former soldier and now as a Marine, I've been there. We already have to overcome the obstacle of proving that the perception of a "chip on our shoulders" is inaccurate – these new uniforms aren't going to make quelling that misperception any easier.



Our ethos already make us stand out. Could these "technologically superior" uniforms perpetuate this impression? Official USMC photo

Mom was there for you, now be there for her

By Sgt. Troy M. Ruby

Commentary

Ilove you Mom." I've said it about a million times and it still rings as true today as the first time I said it. I truly love my mother and appreciate everything she has done for me through the years.

When I fell off my bicycle, after getting dumped by a girl (again), after failing a test (again), when I got my first (of many) speeding tickets, when I was busted for forging her signature on my report card. ...

She always stood by my side through every little speed bump I experienced on the road of life.

She wasn't a "cutesy" Mom who would just hug me and say, "It's OK, poor baby." She wasn't afraid to take care of it when and where it happened.

Although stern, she always managed to use the perfect combination of discipline and loving forgiveness. The needed lesson was learned. But more importantly, I learned that she loved me regardless of the stupid things I did.

She was tough on discipline, but she was very serious about rewards, as well. With all of lives big events, she was there with a smile and a hearty, "Congratulations, son. I knew you could do it."

Mother's Day is a very special day for showing our moms more than just that we love them — they know that. It's a day to show them how much we appreciate them.

How many times have we told her, "Thanks for the lesson learned," or "Thanks for not letting me get that BB Gun when I was eight?"

Take the time out of your day on Sunday to call her and say thanks for everything. Big expensive gifts are great and I'm sure they would be appreciated, but at the very least call and say, "Thanks Mom."

After all, with out your Mom, you wouldn't even be here.



Don't forget to do something special for your mom for Mother's Day this weekend.
Photo by Sgt. Troy M. Ruby

Review panel finds Osprey's problems fixable



An independent panel of experts has found that while the V-22 Osprey remains the best aircraft available for a wide variety of missions, time and money will be needed to fix its much-publicized problems. *Official USMC photo*

By Capt. David E. Nevers

Public Affairs, HQMC

HEADQUARTERS, U.S. MARINE CORPS, WASHINGTON — An independent panel of experts has found that while the V-22 Osprey remains the best aircraft available for a wide variety of missions, time and money will be needed to fix its much-publicized problems.

During separate hearings held May 1 by two key congressional committees, panel members reaffirmed that tiltrotor technology is sound and that the Osprey's combination of speed, range and lift capacity is unmatched by any known alternatives.

"There are (no other aircraft) that will actually do the mission," said retired Marine Gen. John Dailey, chairman of the four-man panel that spent four months reviewing the entire V-22 program. "There are a combination of aircraft that could do parts of it. But there is no single aircraft that could meet the entire requirement."

Despite their faith in the technology, the panel — which included a retired Air Force general and two civilian experts in aerodynamics and aircraft engineering — were quick to point out that additional testing and perhaps even design modifications are needed to address concerns over the aircraft's safety, reliability and maintainability.

"This is an aircraft that in terms of reliability and maintainability is not ready for operational use or production," said Norman Augustine, one of the panel members.

The panel recommended cutting production in the short term to free up funds that could be used to make necessary changes, then boosting the production rate later to meet overall cost and scheduling objectives.

Panel members estimated that implementation of the fixes could take from one to two years, likely delaying the fielding of the aircraft.

General James Jones, commandant of the Marine Corps, agreed that "more work needs to be done" and said that the program's "new direction should be event-driven vice timeline-driven in order to ensure that the necessary remedies are fully implemented one step at a time."

Committee members in both chambers expressed concern about the aircraft's safety and the adequacy of the testing process, but did not object to the panel's recommendations.

Two Osprey crashes last year, which claimed the lives of 23 Marines, cast serious doubts on the aircraft's future. The second accident, which occurred Dec. 11 in North Carolina, prompted Gen. Jones to ask for an independent review of the V-22 program.

Among its most significant recommendations, the panel urged program officials to "investigate the feasibility of a nacelle redesign" to allow easier inspection of key aircraft components, including hydraulic lines.

Norman Augustine,
panel member

The two nacelles, one on the end of each wing, house the Osprey's engines and hold and tilt the rotors.

A ruptured hydraulic line was found to be partially at fault in the Dec. 11 mishap.

Additionally, the panel recommended that the aircraft's flight control computer software be thoroughly re-tested. It was a software flaw that in part caused the aircraft that crashed in December to lose control.

The panel also called for additional testing into vortex ring state, a phenomenon that can cause a rotary-wing aircraft to stall if it descends too fast.

An investigation into the April 8, 2000, accident in Marana, Ariz., found that a combination of human factors caused the mishap aircraft to enter vortex ring state.

When asked to chair the panel, Gen. Dailey, former assistant commandant, warned Gen. Jones that if the review revealed that the V-22 ought to be scrapped, he wouldn't hesitate to recommend just that.

"That's exactly what I want you to do," Gen. Dailey recalls Gen. Jones saying.

Gen. Jones said he had been fully prepared to "walk away" from the V-22 if the panel found the Osprey to be unsuitable, unsafe or operationally too fragile for the Corps.

"We love our people, not our machines," Gen. Jones said. "But we use our machines in order that we might safely prevail in our important and frequently dangerous missions. It is therefore of paramount impor-

tance that we should never be reluctant to simply do what is right."

Asked whether Marine Corps leaders had tried to rush the Osprey into full-rate production before it was ready, Gen. Jones said he was confident that safety was never deliberately sacrificed in favor of expediency.

"I would draw the line that we would either knowingly or intentionally or recklessly accelerate the development of a program, thereby placing passengers at risk or crews at risk," Gen. Jones said.

Also speaking before the congressional committees were two members of Marine Medium Tiltrotor Training Squadron 204 — a pilot and a crew chief — both of whom denied that they were pressured to cut corners. Each said their unit was eager to get back to work.

"We have a squadron of Marines and airmen down at 204 that are committed to showing the nation basically that this is a viable asset, that we need the V-22," said Staff Sgt. Thomas Fowler, an Osprey crew chief.

An investigation into allegations that the commanding officer of VMMT-204 asked his Marines to falsify aircraft readiness data is due to be completed within a few weeks. While the final results are pending, Defense Department investigators have concluded that the alleged wrongdoing had nothing to do with the recent mishaps.

The Marine Corps considers the Osprey vital to its ability to operate in future military operations and is planning to acquire 360 of the aircraft to replace its fleet of aging, Vietnam-era CH-46E Sea Knights.

Ad Space

Earning the right to wear the



Sergeant Jeffrey T. Langella, team leader, SRT, PMO, executes a counter to a rear choke and sends Cpl. Jonathan S. Post, SRT member, PMO, flying during a close combat drill May 3. The close combat drill is used to remind the Marines to use proper technique, even when fatigued. *Photo by Cpl. Micheal O. Foley*

By Cpl. Micheal O. Foley

CPAO, MCAS Miramar

Fourteen Miramar Marines will continue to wear green rigger's belts, though Marine Administrative Message 143/01 states that as of May 1, the belt is no longer authorized for optional wear. But don't get ready to counsel them just yet.

These fortunate 14 are scheduled to graduate from Miramar's first Marine Corps Martial Arts Instructor Course today.

With the completion of the 15 day, 50-grueling hour course, these Marines have earned certification and the right to wear the green rigger's belt. With the adoption of the Marine Corps Martial Arts Program the green rigger's belt became one of five qualifications for Marines in the program. The lowest qualification is tan, followed by gray, green, brown and black. There are several degrees of black belt.

According to Staff Sgt. Casey E. Jones, martial arts student and aviation ordnance technician, Marine Aircraft Group 46, those who take this course will get quality martial arts training. "I hold a black belt in another martial art and it doesn't compare to the tan belt in this program. This program is more reality-based and much more intense than any other martial arts training I've been through," added the Atlanta native.

The students learned several practical martial arts techniques. Since this program is a descendant of the Linear In-fighting Neural-override Engagement training program and the Marine Corps Close Combat training program, many techniques are similar. There are a few key differences between the martial art program and its predecessors.

"This course teaches all the fundamentals you would need to defend yourself and kill your opponents in combat," said Sgt. Casey A. Grove, junior instructor and section leader with Scout Platoon, 1st Tank Battalion. "We teach everything from armed manipulation to rifle retention to chokes, strikes, kicks and grappling. We also teach counters to chokes, strikes and kicks. This will give Marines more tools and principles they can use.

"By incorporating honor, courage and commitment we make sure we don't make a bunch of lethal hotheads. The people I see graduate this course are more level-headed even though they are more lethal when they leave," added the Dodge City, Kan., native.

Marines may ask themselves, 'Why do I have to learn all of these things?' Or 'Why isn't the LINE training I received in boot camp enough?' In real-world scenarios Marines aren't always called upon to destroy the enemy. Now the Corps' role is one of keeping peace, not creating hate and discontent.

"Now Marines are faced with many different missions, especially peacekeeping missions," said Gunnery Sgt. Eddie



Staff Sergeant Casey E. Jones, aviation ordnance technician, MAG-46, shows off his war face during a close combat drill May 3. *Photo by Cpl. Micheal O. Foley*

Ad Space

green belt

Mitchell, instructor trainer and communications chief with Marine Wing Support Squadron 473. “Marines through the years have always been trained to just kill. Now we talk about submission, escort and an entire spectrum of different missions. This course teaches them the means of using lethal and non-lethal techniques to kill or to escort,” added the Pensacola, Fla., native. Depending on the mission, a martial-arts-trained Marine has a variety of techniques to apply against aggressors. Beginning with harsh verbal commands and ending with deadly force, the Marine Corps Martial Arts Instructor Course teaches techniques for most every occasion. One moment these Marines could be controlling a crowd with verbal commands. If the situation escalates, the Marine will still be able to handle himself.

“We can also use this as psychological warfare. Now when people look at us around the world, they won’t just see the U.S. Marines,” said Mitchell, who holds a black belt in the Marine Corps Martial Arts Program. “They will see us as the U.S. Marines who have martial arts training. We have just sharpened that sword a little bit more.”

Earning the green-instructors’ belt won’t come without a lot of hard work. The Marine Corps Martial Arts Instructor Course is a very physically demanding course. At the end of the three-week course many are surprised that their bodies could endure so much.

“This course is very demanding,” said Sgt. Jeffrey T. Langella, team leader, Special Reaction Team, Provost Marshal’s Office. “I thought I was in good shape until I came to this course. It has humbled me. I expected the basic hand-to-hand combat with some pressure points. This is a lot more intense. I’m very pleased



Sergeant Alfonso J. Esquer, nuclear, biological and chemical noncommissioned-officer-in-charge, MWSS-473, and Long Beach, native, crawls under his squad in the ‘in-and-out drill’ during a close-combat drill May 3. Close-combat drills are designed to physically challenge the martial arts students. Photo by Cpl. Micheal O. Foley

with how physical it is,” added the South Portland, Maine, native.

Mitchell believes many more Marines will be satisfied with the course. He also hopes officers-in-charge and commanding officers will take the martial arts program under their wing.

“I believe this course is some of the best training the Corps can offer right now,” said Mitchell. “I want to see the command set the example in this program. When I come to the gym, I want to see Marines on the field doing this, I want to see [commanding officers] and sergeants major out there.”

Marines interested in taking the Marine Corps Martial Arts Instructor Course must be NCOs or above, up-to-date on their professional military education, have a first-class physical fitness test score and have their S-3 shop contact Mitchell. Corporals must have command endorsement. For more information about the course see Marine Corps Order 1500.54.



Staff Sergeant Brian W. Davis, operations staff-noncommissioned-officer-in-charge, G-6, Headquarters and Headquarters Squadron, and San Diego native, prepares to strike Sgt. Noel D. Ennis, multi-channel equipment operator, Marine Wing Communication Squadron 38 and Bowling Green, Ken., native, as Gunnery Sgt. Eddie Mitchell, instructor trainer, grades his tan-belt test May 4. Photo by Cpl. Micheal O. Foley

Ad Space

Marines tackle Individual Movement Course in Korea



The Marines of India Company keep a vigilant watch as the final members of the squads exit tunnels filled with tear gas and surrounded by concertina wire (razor wire). This was just one of the many obstacles the Marines faced during the IMC. *Photo by Cpl. Matthew E. Habib*

By Cpl. Matthew E. Habib

CPAO, MCB S.D. Butler

CAMP MU JUK, Korea—The Marines’ mission was easier understood than accomplished — secretly infiltrate the enemy’s mountain-top compound, retrieve important intelligence documents and escape.

The enemy wasn’t taking any chances. The area around their compound was heavily guarded.

The Marines were from 3rd Battalion, 8th Marine Regiment, Marine Air Ground Task Force-17, and faced the challenge recently during Korean Incremental Training Program at the Republic of Korea Marine Corps’ Individual Movement Course. The course, which is nearly 500-meters long, offered the Marines a chance to prove their skills of patrolling, avoiding traps and overcoming a spectrum of defensive obstacles.

On patrol, using a large blade of grass, the lead Marine fanned the area to his front from foot to head level. By using this technique, he was able to detect any trip wires. Some traps were found in obvious places, but many were well hidden.

The Marines encountered a tunnel system protected by booby-trapped razor wire. The tunnels filled with tear gas as the Marines attempted to pass the obstacle. Their gas masks quickly became a valued piece of equipment as they crawled through the maze, dragging their gear and carefully searching for trip wires.

“The obstacle was irritating and uncomfortable,” said Lance Cpl. Kristopher L. Casaces, rifleman, Company K, 3rd Battalion, 8th Marine Regiment. “It was hard looking for traps and keeping your mind focused on what you were doing. Between the gas mask fogging up and just being physically tired, it was a challenge staying alert.”

The Marines quickly formed a defensive position to cover the squad as they exited the tunnels.

After negotiating walls and open ditches, the Marines made it to the compound. They rushed the building containing the documents.

They encountered enemy resistance, but still com-

pleted the mission.

“The course and terrain were physically challenging to the Marines, and the obstacles challenged them mentally,” said Sgt. Sid R. Gonzalez, assault section leader, Co. K, 3/8. “That’s why courses like these, posing these type of situations, are good training for the younger Marines and squad leaders. They are forced to make key decisions while they are sweating and out of breath.”

“Overall, this was an excellent course that offered some different aspects than your typical U.S. Marine course,” said Sgt. J. D. Logan, section leader, Co I, 3/8. “This course offered our Marines the chance to practice in-depth patrolling, as opposed to just rushing through. Along with all the traps set and different conditions, this course was constantly challenging the Marines. They were able to work together and obtained their goals in the end.”



The Marines left the IMC the complete opposite way they entered it. The enemy was by now aware of the Marines’ presence, which left them making a hasty exit out of the compound. *Photo by Cpl. Matthew E. Habib*

Following the Friars

“The team of the Navy and Marine Corps”

By Cpl. Rob Henderson

CPAO, MCAS Miramar

In a much-anticipated turn of events for Friar’s fans, the San Diego Padres had an incredible run this week winning five of six games, and moving to only one-and-a-half games behind Los Angeles Dodgers who lead the National League West Division.

In their only loss of the week, the Friars suffered an embarrassing 8-3 walloping at the hands of the Chicago Cubs in the “Windy City” May 2. The Cubs, hitting four home runs throughout the game, snapped the Padres three-game winning streak as Padres pitcher Kevin Jarvis’ loss record slipped further behind his wins leaving him at 1-3.

Sweet redemption at Wrigley Field came May 3 as the Padres once again squared off against the Cubs. This time the Friars won the day 5-3 in a decidedly lopsided pitching battle. Padres’ pitcher Bobby Jones had his first win as a Padre as he piloted his team through seven innings. Cubs pitcher Kerry Wood didn’t fare as well, earning his way into a full count situation six times in three innings on the mound. Rickey Henderson, Padres outfielder, smashed a homer in the fifth inning, his second in the past seven games.

May 4 brought the bloodthirsty Padres into Cincinnati to teach the Reds a thing or two about the Major League in an 11-5 victory. Lesson one: Don’t count on a team’s lack of home run statistics to carry your pitcher through the game. Padres outfielder Bubba Trammell and catcher Wiki Gonzalez each took the ball deep for two run shots during the game against the Reds. Padres first baseman Ryan Klesko sent the hardball whizzing into the outfield seats twice scoring three runs. Lesson two: Count on Padres pitcher Adam Eaton to get the job done. Eaton pitched out of a bases-loaded crisis in the fifth inning, and struck out five batters through six innings.

May 5 brought another schooling to the Reds in a 5-3 loss to the Friars. Today’s lesson: Age doesn’t matter when you’re Rickey Henderson. Henderson was the star of the game reaching base four times and scoring three times. Padres pitcher Woody Williams won his second start in as many games boosting his record to 3-3. Padres pitchers Tom Davey and Trevor Hoffman pitched in relief, and Klesko drove in three runs.

Ending the six-game road trip and three-game Cincinnati series in a sweeping manner, the Padres pummeled the Reds 8-2 on Sunday afternoon. The ever-dependable bat of Klesko drove in four runs to hand Padres manager Bruce Bochy his 500th win. Bochy has 500 wins and 485 losses in seven seasons as the Padres manager.

Back at home in the “Q,” the Padres hosted and then toasted the Atlanta Braves 7-1 Tuesday night. The Padres, tying their season high, had 16 hits, eight stolen bases, and all nine starters scored a hit. Braves’ pitcher Greg Maddux lost in fine fashion to Kevin Jarvis by giving up 12 hits and four runs in the first four-and-two thirds innings. Welcome home, Padres.

In the coming week, Henderson will look to extend his 12-game hitting streak as the Padres finish out a three-game series at home with the Atlanta Braves. Friday will see the Florida Marlins making their way into Qualcomm Stadium for a three-game series against the Friars. Finally, the Padres will

open a series against the New York Mets on Tuesday.

For more information or to purchase ticket vouchers or parking vouchers for Padres home games contact the Marine Corps Community Services Entertainment Ticket Office.

As always, GO PADRES!

Wild Wild West		
National League West		
Team	Record	GB
Dodgers	18-15	---
Giants	17-15	1/2
Diamondbacks	17-16	1
<u>Padres</u>	<u>16-16</u>	<u>1 1/2</u>
Rockies	16-16	1 1/2
Accurate as of Tuesday evening.		



Padres pitcher Woody Williams winds up to deliver a strike. Williams helped boost his team to victory over the Cincinnati Reds Sunday by holding the Reds to only two runs through six-and-one-third innings. Photo by Cpl. Rob Henderson

Ad Space

CDO office relocates

The Command Duty Office will move to the Marine Corps Air Bases Western Area headquarters building Wednesday.

All inbound servicemembers reporting for duty after 4:30 p.m., Monday through Friday, and on weekends and holidays, must report to this office.

For information or assistance contact the Provost Marshal gate sentries, call PMO at 577-4068 or www.miramar.usmc.mil and click on the "New Here" link.

Mira Mesa Missiles need YOU

Volunteer track and field coaches are needed for the Missiles youth track team.

No experience is necessary.

Volunteer and make a difference in a child's life.

For more information call Coach Gary Henderson at 530-9867 evenings and 655-4136 days.

Library starts book club

The air station library holds their first Oprah's Book Club meeting, June 7.

For information call Ann Pflugh at 577-6316.

Stand up, buckle up, and shuffle to the cadence competition

Marine Corps Community Services offers the Armed Forces Day Cadence Competition.

Elimination rounds are scheduled for Wednesday from 11 a.m. to 1:30 p.m. Finals are scheduled to take place May 19 from noon to 1:30 p.m.

For details call Lynn Sanchez at 577-4129.

Salute to America's military

Salute America's military at San Diego's largest Armed Forces Day celebration. The 2001 Armed Forces Day Festival will be held at Marine Corps Air Station Miramar May 19, from 10 a.m. to 4 p.m. Join more than 15,000 visitors at this event, which is open to the public.

For more information access Miramar MCCS online at www.mccsmiramar.com/armed_forces_day.htm.

Rider up!

Camp Pendleton's All-Military Rodeo is scheduled for June 2 and 3 at the Ace Bowen

Rodeo Grounds.

Performance times are June 2, 1 and 5 p.m. and June 3 at 1 p.m.

For information call (888) 375 MCCS (6227).

Riders must register on or before May 23. Call (760) 725-5094 or (760) 725 5085.

Mira Mesa Pop Warner cheerleading seeks volunteers

Drag out all those all cheers you knew in high school and encourage community youth activities. No experience is necessary.

For details call Evelyn Pine at 271-7392.

Playmorning at the Rec Center

Pre-schoolers of all ages are invited to attend Playmorning at the Admiral Baker Recreation Center every third Tuesday from 10 to 11:30 a.m.

For information and directions call the Marine New Parent Support Program (619) 524-0805.

First Friends

Marine New Parents Support Program offers First Friends—a group for Mom's with babies one to six months old.

The group meets at Mills Park on the first and third Tuesday of each month, from 3 to 3:50 p.m.

For details call the Marine New Parent Support Program at 577-9812.

Annual Tug of War seeks teams

The annual Health Day Fair presents the Tug of War event May 24.

Teams interested in competing are urged to contact Capt. Bohannon at 577-8430 as soon as possible. Teams must include 12 members and only the first 12 teams will be allowed to enter.

Sign-up sheets will be located at the fitness center.

Rock on

Suzuki's Rock N' Roll Marathon seeks volunteers for the June 2 event at Marine Corps Recruit Depot, San Diego. Volunteers will receive a free t-shirt, stuffed "goodie bag" and a ticket to the Smash Mouth concert June 3.

Volunteer forms can be downloaded from www.rnrmarathon.com.

For more information go to contact Honey Doublebower of Elite Racing at 450-6510, extension 124.

Main (East) Gate Closure

Due to renovation, the Main Gate will be closed periodically between 8 a.m. and 3

Free movies from MCCS

Today

Say It Isn't So
Exit Wounds
Traffic

(R) 4:30 p.m.
(R) 6:30 p.m.
(R) 8:30 p.m.

Saturday

Just Visiting
Heartbreakers

(PG-13) 6:30 p.m.
(PG-13) 8:30 p.m.

Sunday

O Brother Where Art Thou?
The Mexican

(PG-13) 1 p.m.
(R) 6:30 p.m.

Wednesday

Enemy at the Gates

(R) 6:30 p.m.

Thursday

Pokemon 3
Say It Isn't So

(G) 1 p.m.
(R) 6:30 p.m.

The station theater is equipped with a 35 mm projection system and Dolby Digital Surround Sound. All movies are free for everyone. For movie synopses see the current theater flyer or call 577-4143.

p.m. until June 4. Lane closures and traffic delays should be expected while construction work is underway.

Welcome aboard brief changes to Wednesdays

The Commanding General's Welcome Aboard Brief at the Joint Reception Center, Building 2258, has changed to the first and third Wednesday of each month vice Monday. The brief is from 7:40 a.m. to 4:30 p.m. The following dates are provided for you to plan accordingly:

Wednesday

June 6, 20

For details call 577-1783 or 577-9123

Education Center offers SAT, ACT

The Education Center is administering the Scholastic Aptitude Test on the first and third Tuesdays during May and June at 7:30 a.m.

Reservations are not required. However, personnel who have not reserved their tests will be served on a first-come-first-served basis.

The Academic Collegiate Test is administered the second and fourth Tuesday of

every month.

For more information call Charles D. Banks at 577-1895.

HMH-465 hold first reunion

Marine Heavy Helicopter Squadron 465 plans to hold their first-ever reunion in Las Vegas, May 18 and 19.

For more information call Lt. Col. Tim Fitzgerald at 577-6176.

YMCA Out & About Tour changes to Thursdays

The YMCA Out & About Tour has changed to the first and third Thursday instead of Tuesday. The brief will take place from 7:40 a.m. to 4:30 p.m. and the tour will take place 9 a.m. to 2 p.m.

Miramar Fire Dept. announces Charity Golf Tournament

The Miramar Fire Department holds the Second Annual Charity Golf Tournament June 1. Carlton Oaks Country Club in Santee will hold the event that benefits the San Diego Burn Institute.

For more information call Mark Weimann at 577-6137.

Married to a Marine

Military Spouses' Day

By Michelle Osborn

LINKS, MCAS Miramar

Whether you've been married to a Marine for a short time or practically forever, you have probably heard the term "esprit de corps." But, do you know what it is and why it matters to your Marine? Do you know where to get some of that "good stuff" for yourself?

Esprit de corps is the display of Marine spirit. It is one way that Marines show their devotion and loyalty to the Corps, its history and traditions. It provides individual Marines with a sense of belonging to the proud and honorable entity known as the United States Marine Corps. It connects Marines to each other and to Marines of long ago. Esprit de corps is a powerful, spiritual tool that enables Marines to come together and accomplish amazing things each and every day, in all parts of the world. Where there are Marines, there is esprit de corps.

This spirit of belonging, honor, loyalty and commitment also lives among the spouses of Marines. Just as Marines take care of each other, so do Marine spouses. At the drop of a hat, a seasoned Marine spouse is able to gather three or four others to come to the aid of a fellow spouse in need. A seasoned Marine spouse can guide newer spouses through the ins and outs of the military lifestyle by providing

information and insight derived from years of hands-on experience. A fellow spouse is able to completely understand the joy of a homecoming and the sadness of separation, the excitement of a new duty station as well as the ache of saying goodbye to friends at the last one. It has been said that the toughest job in the Corps is that of a Marine spouse, but there is true pride and happiness to be found in being married to one of the few, the proud, a United States Marine.

So, today, in honor of Military Spouses Day, make the call that will connect you with fellow Marine spouses. A volunteer at the Lifestyle Insights, Networking, Knowledge and Skills office will gladly welcome you to the Marine Corps family and invite you to attend an upcoming LINKS session.

Attending a LINKS session is a great way to meet and share experiences with fellow spouses. You'll also receive valuable information about the Marine Corps, its history and customs, available resources, finances, deployments, relocation and community involvement.

The LINKS program is offered to all Marine spouses and each session includes course materials, refreshments and childcare. The next session is scheduled for May 19 from 8:30 a.m. to 5 p.m.

Call the LINKS office today at 577-4810 for more information.

Ad Space

Heat,
continued from page 3
nesses is prevention. By staying cool and making simple changes in your fluid intake, activities and clothing during hot weather, the summer months can be safe and fun. He said to drink two to four glasses of cool, non-alcoholic fluids each hour, regardless of your activity level.

“A minimum of one quart of water an hour should be consumed, but that may not be enough,” he said. “Cool water or tepid water – any kind of fresh water is better than no water.”

He also said to wear appropriate, light-colored and loose-fitting clothing or sunscreen as much as possible during the summer. A Sun Protection Factor of 15 or higher applied 30 minutes before going outside can provide adequate protection from the sun.

Also, Fleming said to pace yourself if you’re unaccustomed to working or exercising in a hot environment – allow yourself to get acclimated. He said to plan outside activities before noon or in the evening to beat the heat. Another good tip is to use the buddy system when working in the heat – monitor your buddy’s condition and have them do the same for you.

In order to protect an individual’s health, the best advice to follow is to keep cool and use common sense. Avoid hot foods or heavy meals – they can add heat to your body. Don’t leave infants, children or pets in a parked car, limit your sun exposure during the mid-day hours at places of potential severe exposure like at the beach. Ensure infants, children and pets drink plenty of water.

“Play it smart,” said Fleming. “Don’t be macho and get yourself into trouble.”

PICK UP THE TELEPHONE



Mother’s Day is Sunday

Don’t miss Miramar Fire Department’s Charity Golf Tournament



*1 p.m., June 1
at Calton Oaks
Country Club*

**For more information call
Mark Weimann at 577-6137.**

Classified and Ad Space